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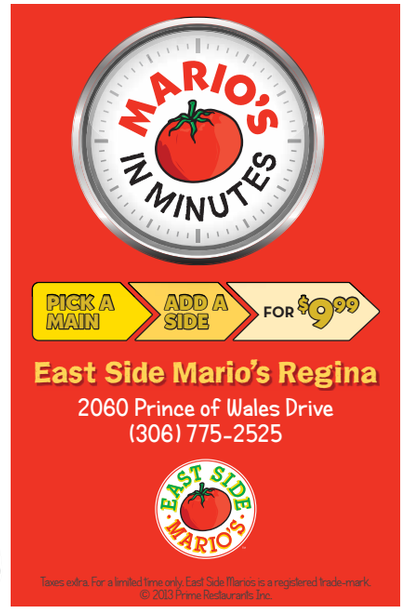
FANS JUST CAN'T GET ENOUGH OF THOSE TIMELESS '80S POP ROCKERS DEPECHE MODE PAGE 9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Police shoot, kill dog in man's yard

Peter Cote is questioning the tactics of Regina police after an officer shot and killed his pit bull in his North Central backyard. ROSS ROMANIUK/METRO

'It's like losing a kid.'

Owner disputes police account of killing of his pet pit bull

ROSS ROMANIUK
ross.romaniuk@metronews.ca

A Regina man is livid at city police after an officer shot and killed his dog in his North Central backyard on Saturday night.

Peter Cote appeared bewildered on Sunday at the shooting of his pit bull, which occurred shortly after 7:30 p.m. by one of two officers who had entered his Rae Street yard to search for suspects in an assault in the area.

"It hurts. It's like losing a kid. It was our family member," Cote said of the seven-year-old male pit bull, named Ben.

The officers, along with a police dog, reportedly tracked two fleeing suspects in the assault on Retallack Street to the yard at Cote's house on Rae near 5th Avenue.

The officers and their dog came across the pit bull in the yard. Some media reports say the two canines fought with each other before one officer shot the pit bull to protect the other officer, who had been knocked to the ground by Cote's dog.

Cote, however, insisted that no such scuffle happened. He said he and a female friend were startled in his yard by yelling from one of the officers, whom they didn't know had arrived.

"One cop yelled, 'Can you grab your dog?' She grabbed its chain and at the same time, that cop shot him — just like that," Cote said, noting a single shot was fired.

Police did not return Metro's phone calls for comment on Sunday.

The officers and police dog were reportedly not injured. The assault suspects hadn't been arrested by midday.

Water-proofed

Tips to stay one step ahead this flood season PAGE 3

Ram impresses

DL Stefan Charles turns heads at the CFL combine PAGE 14

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NEWS 1

Sask. residents digging out after snow onslaught

The storm before the calm — hopefully.
Widespread cleanup follows wind-whipped weekend

ROSS ROMANIUK
ross.romaniuk@metronews.ca

With a severe snowstorm behind them, residents of southern Saskatchewan continued Sunday to dig out from the mess — and to hope that spring is finally on its way.

The blowing snow, which RCMP Cpl. Rob King said was the worst he had seen in the province in 16 years after it struck Wednesday afternoon, turned highways into snowdrifts and properties throughout the region into massive white mounds. But on Sunday in Regina, Steve Choboter appeared willing to grin and bear it while snow-blowing friend James Dupuis' front curbside.

"You're in Saskatchewan — what are you going to do?" Choboter said, though he didn't hesitate when asked when he would have had enough.

"Today. Today is it."

The storm kept some customers away from Choboter's ATM business this past weekend, and threw a wrench into road travel from Saskatoon to the U.S. border, as authorities closed many major highways until Friday.

"In pretty much half the province, there was absolutely zero visibility, snow drifts across the highway anywhere from one foot to six feet," King said. "Anyone who was out was taking their lives in their hands. If they got stuck, we could not get to them."

The strong wind forced Rainer Kocsis in Saskatoon to call off the Saskatchewan Youth Parliament's planned weekend conference in Balgonie, just east of Regina.

"It would have put some of our members in danger," Kocsis said. "We didn't feel that we wanted to put anyone in harm."

Steve Choboter blows piles of snow from in front of James Dupuis' house in Regina, while Dupuis shovels.
ROSS ROMANIUK/METRO

Sign of spring: Milky Way opens doors

Lauren Evans at Milky Way Ice Cream. JEFF MACKEY/METRO

Some cities have groundhogs to tell them when spring is on its way, but Regina has decided to take a slightly different approach.

Milky Way Ice Cream, the historic ice cream shop that has been in operation since 1956 in Regina, opened its windows to the public on Sunday and started serving the cold stuff — despite the weather — one cone at a time.

"We always try to open on the last weekend in March and try to close on Thanksgiving weekend, we have done that forever," said Anne Boldt, one of Milky Way's owners.

Twitter was abuzz about the ice cream shop, located near Victoria Avenue and Winnipeg Street. The storefront has a reputation as being the harbinger of warm weather, not to mention tasty ice cream.

"We have a lot of loyal customers for sure, it is like a homecoming to see all of our customers again," said Carole Boldt, also an owner at Milky Way. "We have been (working) here 30 some years so we have gotten to see kids grow up from this size (holds hand near ground) and now they are bringing their own children."

But this was no normal opening day for Milky Way.

"We have never had this much snow when we opened. We have had blizzards and whatnot but never this much snow," said Carole.

JEFF MACKEY/METRO

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With all this snow on the ground, it should come as no surprise that authorities are warning of a high spring run-off and the risk of flooding. We here at Metro want you to stay safe this spring, so here are some tips to protect you and your home this flood season.

JEFF MACKEY
jeff.mackey@metronews.ca

5 ways to prepare for potential flooding

1 Grab your shovel

JEFF MACKEY/METRO

Shovel or remove snow from around your home so it will drain away from the foundation. Also be sure to clear channels in the ice/snow to allow melt water to drain away.

2 Cap it off

Check your basement regularly for signs of water and make sure your basement's sewer caps are in place. You can also install a water sensing alarm for added peace of mind.

JEFF MACKEY/METRO

3 Drain, drain, go away

JEFF MACKEY/METRO

Ensure your home's downspouts are extended so rain or melt water discharges at least two metres away from the foundation. It is also a good idea to clear neighbourhood catch basins so all this water has somewhere to drain to.

4 Get salty

Salt your driveway, walkways and sidewalks. With the freeze-thaw cycle at its most erratic this time of year, it is important to break down the ice. Just think about your mailman!

JEFF MACKEY/METRO

5 And if things get really bad ...

If all else fails invest in some hip waders, scuba gear and a canoe. You likely won't need all these things but it never hurts to be prepared.

FLICKR

An internationally popular first lady like Peng Liyuan could help soften China's sometimes abrasive international image. IVAN SEKRETAREV/THE ASSOCIATED PRESS FILE

China's new first lady raises profile of reclusive role

Peng Liyuan. Singer and WHO ambassador makes media splash while on trip to Russia

New first lady Peng Liyuan has emerged as Chinese diplomacy's latest star, charming audiences and cutting a very different profile from her all-but-invisible predecessors on her debut official visit to Russia.

A celebrated performer on state TV, Peng featured prominently in Sunday's Chinese media coverage of husband and president Xi Jinping's activities in Moscow. The visit is Xi's first since he assumed the presidency earlier this month.

Peng watched song and dance routines at a performing arts school on Saturday, but did not join in as some media reports had suggested she might. Xi's trip continues this week with stops in Tanzania, South Africa and Congo, during which Peng is expected to hold other public events.

Peng, 50, largely retired from public life after Xi was made China's leader-in-waiting in 2007, but in recent years has won new acclaim as an ambassador for the World Health Organization. She has done work on tuberculosis and HIV/AIDS, diseases that still carry considerable stigma in China.

Peng holds the largely honourary rank of major general in the People's Liberation Army and is best known for her renditions of patriotic odes, often while wearing full dress uniform.

THE ASSOCIATED PRESS

Role of the first lady

In recent years, the wives of China's top officials have gone almost unseen at home and attracted little attention while accompanying their husbands abroad.

- **History.** That was in part a negative reaction to Mao Zedong's wife, Jiang Qing, who was despised and later imprisoned for her role as leader of the Gang of Four, which persecuted political opponents during the 1966-76 Cultural Revolution.
- **Today.** Women in general wield little power at the top of the Chinese power structure.

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Semantics. Definition of 'bullying' a tough choice for Canadian lawmakers

Provinces introducing laws to crack down on school bullies are taking different approaches as they decide where to draw the line between chronic abuse and a one-time insult or slight.

There are also questions, as in Manitoba, as to whether legislation will have any effect. That province's proposed law does not require principals to hand down specific penalties or even report bullying to parents or authorities.

Much of the debate has focused on the exact definition of bullying.

The definition under a bill now before the Manitoba legislature is so general, it could make bullies out of any student, argue the Opposition Progressive Conservatives.

"It's so vague ... that it will either be unenforceable or enforced arbitrarily," education critic Kelvin Goertzen said. "It's going to make bullies out of a whole lot of people."

The province's education minister said the wording is broad partly so that school principals and others could use their own judgement.

"We are going to rely on the professionals in our public education system to make a determination in regards to what that specific incident and what those consequences look like," Nancy Allan said.

Goertzen says the proposal's vague definition, lack of a mandatory penalty and lax reporting requirements make it "one of the weakest in North America."

THE CANADIAN PRESS

Provincial definitions

- **Ontario.** Causing or intending to cause physical or emotional harm, damaging another's property or creating hostility.
- **Quebec.** Repeated behaviour involving a power imbalance that causes distress and "hurts ... intimidates or ostracizes."
- **Manitoba.** Proposed definition is broad enough to include a single intent to cause hurt feelings.

24-year absence

Canada relieved of panda withdrawal

The Toronto Zoo will begin hosting one male and one female panda on Monday, just over a year after the creatures were officially loaned to Canada by the Chinese government.

The pair will call Toronto home for five years before being relocated to the Calgary Zoo. Prime Minister Stephen Harper will greet the new arrivals, the first pandas to visit Canada in 24 years. THE CANADIAN PRESS

Liberal leadership

Trudeau crushes rival fundraising

If money talks, then it's saying Justin Trudeau has a lock on the federal Liberal leadership.

Trudeau is the only contender whose financial report is not yet on the Elections Canada website. But his team has said it will show just over $1 million, with another $300,000 still being processed. That's more than double what the other five contenders have raised combined.

THE CANADIAN PRESS

No foul play found in unexplained death of Russian tycoon: Cops

Autopsy pending. Boris Berezovsky fell out with Putin and fled to avoid fraud charges he said were politically motivated

Boris Berezovsky GETTY IMAGES FILE

British police said Sunday they have no evidence to suggest third-party involvement in the death of Boris Berezovsky, the self-exiled Russian tycoon who went from Kremlin kingmaker to fiery critic.

With an investigation underway, police are treating the death of Berezovsky — who fled to Britain in the early 2000s after a bitter falling-out with Russian President Vladimir Putin — as unexplained. But the former oligarch survived assassination attempts and recently faced financial difficulties, prompting speculation as to whether his death was part of a conspiracy — or suicide.

Police said Sunday it would be wrong to speculate on how Berezovsky died pending the results of an autopsy.

"We are at the early stages of the investigation and we are retaining an open mind as we progress," said Detective Chief Inspector Kevin Brown.

Police released some details on the circumstances that triggered their investigation into his demise and a check for hazardous materials at the property in Ascot, a town 40 kilometres west of London where Berezovsky's body was found on Saturday. They said an employee of Berezovsky told how he had called an ambulance after becoming concerned for Berezovsky's welfare and forced open a locked bathroom door to find the tycoon's body on the floor.

After a paramedic declared Berezovsky dead and left the scene, a device measuring his exposure to radiation was triggered, which is why chemical and radiations experts were called to examine the property.

THE ASSOCIATED PRESS

Controversial, yes; named, no

Viktor Mitic's bullet-riddled portrait of Hugo Chávez will be displayed at the Peach Gallery in Toronto in April, but it is still without a name. He has agreed to let Metro readers suggest names, and he'll choose his favourite. Mitic leaves the interpretation of his controversial art to the public, but another one of his bullet-riddled paintings will soon head to Washington, D.C., for an art show against gun violence. Email your suggestions for the Chávez portrait to jessica.smith@metronews.ca. JESSICA SMITH/METRO

Jamaican coast

Illegal Haitian migrants stopped

Jamaican police say that 33 illegal migrants from Haiti have been intercepted off the island's northeast coast. Fishermen alerted authorities after spotting a rickety boat carrying 20 men, four women and nine children. Authorities say they were trying to get to the U.S. THE ASSOCIATED PRESS

Mayoral elections

Macedonians avoid poll violence

Macedonians voted peacefully in local elections Sunday, boosting hopes the country is turning a page and won't repeat the political and ethnic violence that has marred past voting cycles. Turnout by 5 p.m. Sunday was 57.5 per cent.

The Balkan country hopes that free, transparent and peaceful elections will help it strengthen its case for EU membership.

THE ASSOCIATED PRESS

Kerry to Iraq: Don't allow Iranian overflights

Just days after the 10th anniversary of the U.S. invasion of Iraq, U.S. Secretary of State John Kerry confronted Baghdad for continuing to grant Iran access to its airspace and said Iraq's behaviour was raising questions about its reliability as a partner.

Speaking to reporters during a previously unannounced trip to Baghdad, Kerry said that he and Iraqi Prime Minister Nouri al-Maliki had engaged in "a very spirited discussion" on the Iranian flights, which U.S. officials believe are ferrying weapons and fighters intended for the embattled Syrian government.

Kerry said the plane shipments — along with material being trucked across Iraqi territory from Iran to Syria — were helping President Bashar Assad's regime cling to power by increasing their ability to strike at Syrian rebels and opposition figures demanding Assad's ouster.

"I made it very clear that for those of us who are engaged in an effort to see President Assad step down and to see a democratic process take hold ... anything that supports President Assad is problematic," Kerry said at a news conference at the U.S. Embassy in Baghdad.

U.S. Secretary of State John Kerry arrives to meet with Iraq's prime minister in Baghdad, Sunday. JASON REED/THE ASSOCIATED PRESS

The overflights in Iraq have long been a source of contention between the U.S. and Iraq. Iraq and Iran claim the flights are carrying humanitarian goods, but American officials say they are confident that the planes are being used to arm the Assad regime. The administration is warning Iraq that unless action is taken, Iraq will be excluded from the international discussion about Syria's political future.

U.S. officials say that in the absence of a complete ban on flights, Washington would at least like the planes to land and be inspected to ensure they are carrying humanitarian supplies. Former Secretary of State Hillary Rodham Clinton secured a pledge from Iraq to inspect the flights last year, but only two aircraft have been checked by Iraqi authorities, according to U.S. officials.

Kerry also said he urged Maliki and officials to promote unity amid a spike in sectarian violence and called on them to ensure that upcoming provincial elections are free and fair.

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Warning: Graphic details.
Couple who tortured man ask for reduced sentences

An Ontario couple who held a developmentally disabled man captive and tortured him while draining his bank account to buy drugs and video-game equipment is asking for lighter sentences.

Dakota Thompson and Stanley Brown were part of a group convicted of aggravated assault and forcible confinement for inflicting horrific injuries on a 23-year-old disabled man over more than two weeks in 2009.

The victim went to the Hamilton apartment where three people in the group lived, thinking they were going to help him look for a missing cellphone.

Instead, the group of people — Thompson, Brown, their roommate and a youth — confined him there for 17 days, burned him with a hair straightener, made him eat feces and drink urine, beat him and poured cayenne pepper into the bath when he tried to wash his wounds.

Brown was sentenced to 13 years and Thompson was sentenced to 10 years.

THE CANADIAN PRESS

Icelanders in Florida

Skydivers killed in weekend jumps

Two skydivers from Iceland who died during weekend jumps at a Florida camp did not deploy their main parachutes, the co-owner of the facility said Sunday.

Deputies found the bodies of a skydiving instructor and a student Saturday after the two didn't return from a jump with a group, setting off an hours-long air and ground search around the facility. Pasco County sheriff's authorities identified the victims as 41-year-old Orvar Arnarson and 25-year-old Andrimar Pordarson.

THE ASSOCIATED PRESS

Mother says she's sure teen suspect killed her baby

Sherry West describes on Friday the events of the day before, when her baby son was fatally shot and she was wounded in Brunswick, Ga. West's 18-year-old son was stabbed to death in New Jersey in 2008. Prosecutors said the stabbing was in self-defence. BOBBY HAVEN/THE BRUNSWICK NEWS/THE ASSOCIATED PRESS

Conflicting stories.
Cops lay charges against 17-year-old, but alleged killer's aunt claims alibi

The mother of a baby shot dead in his stroller in Brunswick, Ga., took one look at a teenage suspect's jailhouse mugshot Saturday and said he was definitely the killer. Yet an aunt of the teen said he was eating breakfast with her when the slaying took place.

Despite the conflicting stories, police have charged 17-year-old De'Marquise Elkins with murder, along with a 14-year-old suspect whose name has been withheld because he's a juvenile.

Brunswick police spokesman Todd Rhodes said even though Elkins' aunt provided an alibi, authorities have good reason to bring the charges.

"That's what she's saying, but the evidence we're looking at says something else," Rhodes said, though he would not elaborate.

Sherry West said she was pushing 13-month-old Antonio Santiago in his stroller as she walked home from the post office Thursday morning. She said a teenager, with a younger boy behind him, approached and asked her for money. West said when she told him she had no money the teen drew a gun and said: "Do you want me to kill your baby?"

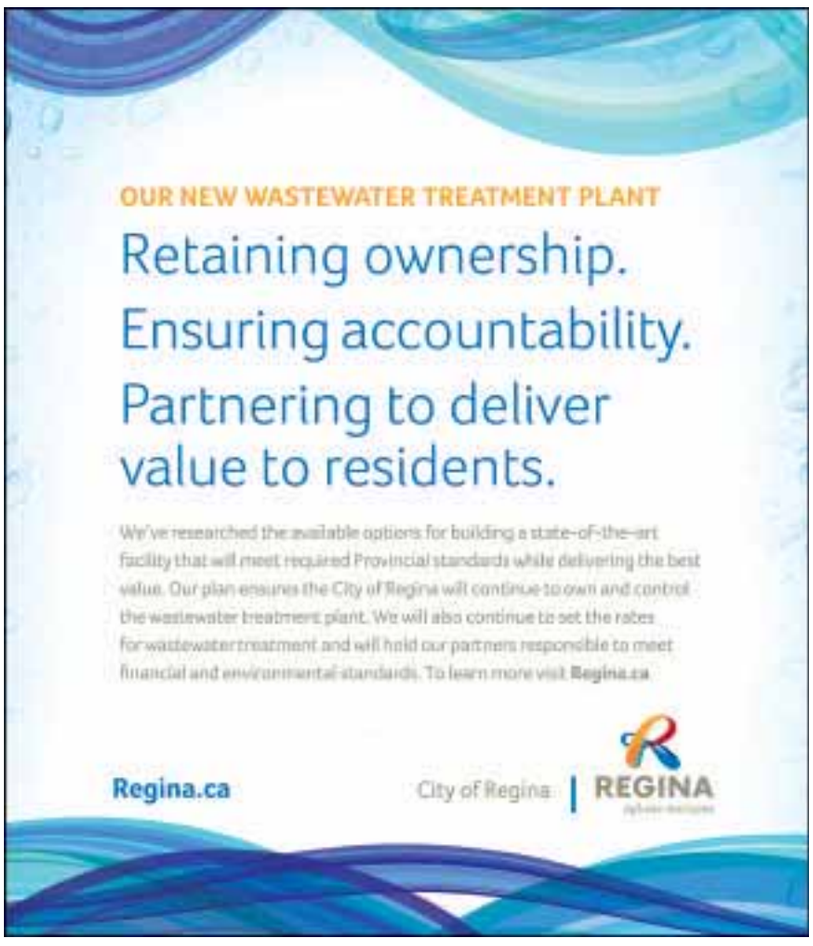
The gunman opened fire and West was shot in the leg, while another bullet grazed her left ear, she said. She watched helplessly as the gunman shot her son in the face, she said.

THE ASSOCIATED PRESS

Hoping for justice

"My baby will never be back again.... He took an innocent life. I want his life, too."

Sherry West, whose baby was killed Thursday.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Group to appeal changes to mentally ill crime law

The Conservative government's tough stand on mentally ill offenders likely won't reduce crime and could have just the opposite result, say leaders of the country's forensic mental-health organizations, who are drafting a letter to express their concerns.

The Canadian Forensic Mental Health Network hopes to submit the letter in the coming weeks to the parliamentary committee now weighing the changes to the Not Criminally Responsible provisions of the Criminal Code, in an effort to have the legislation revised before it becomes law.

The centrepiece of the reforms is a "high-risk offender" designation. Those offenders could not be discharged until a court lifts the designation; they would not be eligible for unescorted passes into the community and could have their review period extended from one year up to three years.

The group believe the changes would prompt defence lawyers to start avoiding the not criminally responsible defence and opt for a definitive jail term in the mainstream justice system. THE CANADIAN PRESS

Leaders reflect on Europe's dark past

Italian President Giorgio Napolitano, centre left, holds the hand of German President Joachim Gauck as they stand at a monument remembering a notorious Nazi atrocity during the Second World War in the Tuscan village of Sant'Anna di Stazemma, Sunday. The Nazis killed more than 400 inhabitants, mostly women and children, in 1944.

JESCO DENZEL/BUNDESPRESSEAMT/THE ASSOCIATED PRESS

Cyprus, creditors reach tentative deal on bailout

A man holds up a souvenir Cypriot euro coin lapel pin with a piece taken out in Brussels on Sunday, as EU negotiations were underway to arrive at a deal to save the island nation from bankruptcy. VIRGINIA MAYO/THE ASSOCIATED PRESS

EU financial crisis.

Last-minute agreement will restructure country's second-largest bank and tax large bank deposits

Tense negotiations between Cyprus and its international creditors yielded a preliminary agreement early Monday that paves the way for the cash-strapped island nation to receive a $13.3-billion bailout, a diplomat said.

The agreement between Cyprus, the International Monetary Fund and the European Commission still needs approval by the 17-nation eurozone's finance ministers, who were also meeting in the same building in Brussels.

Without a deal by Monday night, the tiny Mediterranean island nation of about one million would face the prospect of bankruptcy, which could force it to abandon the euro currency and spur turmoil in the eurozone of 300 million people.

Under the last-ditch agreement, Cyprus' second-largest bank, Laiki, will be restructured and holders of bank deposits of more than 100,000 euros (about $132,900) will have to take losses. It was not immediately clear whether the holders of large deposits in the remaining Cypriot banks would also be forced to take losses.

The diplomat, who spoke on condition of anonymity pending the official announcement, did not elaborate on how much large deposit holders would lose. Making them take a hit is expected to net several billion dollars, thus reducing the amount of rescue loans the country needs.

To secure a rescue loan package, Nicosia had to find ways to raise $7.7 billion so it could qualify for the bailout. It resisted pressure by creditors to also unwind the country's largest lender, Bank of Cyprus.

THE ASSOCIATED PRESS

Smoking. Ex-surgeon general joins board of e-cigarette firm

Different versions of NJOY electronic cigarettes are shown. A former U.S. surgeon general who supported a ban on all tobacco products will join NJOY's board. THE ASSOCIATED PRESS

Former U.S. surgeon general Dr. Richard Carmona, who highlighted the dangers of secondhand smoke and supported a ban on all tobacco products, is joining the board of directors for NJOY Inc., the U.S.'s leading electronic cigarette company — a move that could bring increased legitimacy to e-cigarettes as a viable alternative to traditional cigarettes.

The country's senior public health official under President George W. Bush from 2002 to 2006 will advise the Arizona-based company on public health and regulatory issues. He'll also spearhead its research of the battery-powered devices that heat a liquid nicotine solution and create vapour that users inhale. The private company's flagship NJOY KING product is the top-selling e-cigarette.

In 2006, Carmona published a comprehensive report that concluded that breathing any amount of someone else's tobacco smoke harms nonsmokers and was instrumental in smoking bans around the country. And in testimony to a Congressional committee in 2003, Carmona was critical about the possibility of safer tobacco alternatives to smoking.

"Definitely there's an argument that can be made for harm reduction, but clearly more research needs to be done," Carmona said. "I'm probably going to be (the company's) biggest critic.... I still look at my job as being a doctor of the people and I'm going to look at the science.... If we can find a viable alternative that gave us harm reduction as people are withdrawing from nicotine, I'm happy to engage in that science and see if we can do that." THE ASSOCIATED PRESS

20 years on, U.S. has made little headway hiring disabled workers

Whether it means opening school track meets to a deaf child or developing a new lunch menu with safe alternatives for students with food allergies, recent Obama administration decisions could significantly affect Americans with disabilities.

But there's been little progress in one of the most stubborn challenges: employing the disabled.

According to government labour data, of the 29 million working-age Americans with a disability — those who are 16 years and older — 5.2 million are employed. That's 18 per cent of the disabled population and is down from 20 per cent four years ago. The employment rate for people without a disability was 63 per cent in February.

The job numbers for the disabled haven't budged much since the passage of the Americans with Disabilities Act of 1990, which gave millions of disabled people civil rights protections and guaranteed equal opportunity in employment, public accommodations, government services and more.

The National Council on Disability's Jeff Rosen said long-standing prejudicial attitudes need to be addressed to boost jobs. "Employers are still catching on to the fact that the needs of most workers with disabilities aren't special, but employees with disabilities often bring specialized skills to the workplace," Rosen said.

"Perhaps no one knows how to adapt, think critically or find solutions better than someone who has to do so daily in order to navigate a world that wasn't built with them in mind."

Rosen is as chairman of the council, a federal agency that advises the president, Congress and other federal agencies on disability policy.

The Obama administration recently has acted to expand the rights of Americans with disabilities in other areas. The Education Department's civil rights division released new guidelines that direct schools to provide students with disabilities equal access to extracurricular sports teams. If schools can't, they should create similar athletic programs for disabled children.

THE ASSOCIATED PRESS

Federal hiring

- One silver lining in the lagging U.S. employment for the disabled has been federal hiring. The latest data from the U.S. Office of Personnel Management shows nearly 15 per cent of new federal hires between 2010 and 2011 were people with disabilities, up from 10 per cent the previous year.

Jennifer Lortie, shown working in her Willimantic, Conn., office, has limited arm and leg use due to cerebral palsy. Of the 29 million working-age Americans with a disability, Lortie is among the 5.2 million who are employed. THE ASSOCIATED PRESS

Clarification

For BK's turkey burgers, head south of border

Burger King is rolling out turkey burgers for the first time this week, but the new sandwich will only be available in the U.S., and for a limited time. A previous story in Metro didn't specify where the product would be sold.

Recent additions to Burger King's menu in Canada include a pulled-pork sandwich and a chipotle lineup that includes a Chipotle Whopper. METRO

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Proposed Liquor Permit Application

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997*

Notice is hereby given that June Kovacs and Ken Kovacs
(Name of applicant: individual/corporation, etc)

has applied to the Liquor and Gaming Authority for a Restaurant and a Special Use (Golf Club)
(Tavern/Restaurant/Special Use/ Manufacturer)

Permit to sell alcohol in premises known as Sherwood Forest Country Club
(Name of establishment)

of which the following is a correct legal description:

(Describe accurately the location of the premises including lot, block and plan number and civic/street address)

SE ¼ 10-18-21 W2
RM of Sherwood, Sask

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:

Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

BUDGETING ON SUBSTANCE ABUSE

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

Let's face it.

For most of us, government budgets are hard to understand. How, for example, do you call a budget that adds $768 million to Saskatchewan's debt "balanced"?

I'd be tempted to call that a "lie," but that can't be because the title of this week's provincial budget is Balanced Growth, so it must be true.

And finance minister Ken Krawetz has tied himself up in fiscal knots to come up with a surplus, looting various Crown corporations in order to do it.

The real truth is that most budgets are imaginative estimates that disappear from the public mind after making headlines for a couple of days, and Balanced Growth is destined to follow that fate. On the whole, it's rather boring — keep taxes down, spread spending around, nothing to see here, move along please.

Unless you smoke or drink.

Some people still do, apparently. And I suspect there was more smoking and drinking than usual this week, as the first day of spring came and went buried under a record snowfall and cold temperatures. It's enough to drive a saint to drink and smoke.

Thanks to Balanced Growth, that saint will pay more for his or her sins. Cigarette taxes are up another four per cent while alcohol taxes go up another three per cent on April 1, and that's no April foolin'.

Not only do smokers have to stand out in the freezing cold to smoke, the province now charges them 25 cents a cigarette for the privilege, one of the highest rates in the so-called free world.

Meanwhile, over at the bar, the restaurant industry is crying in its beer. By cranking up the alcohol tax, the government is mixing metaphors by shooting itself in the foot.

Increased taxes mean decreased consumption, according to the industry people, so that $10 million revenue increase the government expects as a result of the hike could be a case of the fiscal DTs.

Of course, both nicotine and alcohol are addictive substances, so the finance minister is counting on the fact that the province's addicts need the fix regardless of the cost. Somebody called this a budget with "heart." Tell that to the smokers shivering out there this morning.

Really, the government should understand the plight of smokers and drinkers. They may be addicted to their substance whatever the cost, but the government's not much different. It has become addicted to substances such as potash and petroleum. And like the maligned smoker, it continues to increase spending even though resource revenues are down.

Keep that up and it will kill you for sure. Just ask Alberta.

ZOOM

HIS SPIDEY BEARD IS TINGLING

Amazing logo spun out of chin hair

An IT specialist has crafted his facial hair in homage to the iconic Spider-Man logo. Chad Roberts' beard recently won him honours at the second annual Garden State Beard and 'Stache competition in New Jersey, with his spider symbol from Spider-Man. Chad's past beards include a Christmas tree and an X-wing spaceship from Star Wars.

For Roberts, whose beard measures just over 35 centimetres long, the Spidey style is one of his favourites: "It translated very well from concept to end result. At first, I tried to do a web but that didn't work out so I opted for the Spider-Man logo.

"Sculpting the beard wasn't as complex as it looks. I just separated it into sections and used plenty of extra-hold hairspray." METRO WORLD NEWS

Sunday Best

"I normally don't wear my beard like this, on most days I just let it hang. I call this kind of beard my 'Sunday best.' This beard only took me 45 minutes to an hour to sculpt."

Chad Roberts, 35, IT administrator and president of the RVA Beard League

Clickbait

ANDREW FIFIELD
metronews.ca

The best part of living in the future is having a pocket-sized device that connects to the totality of collected human thought with a few taps of a finger. But that's no reason to feel guilty if you just want to kill some time with a little pinball. Here're three apps worth your spare time.

Zen Pinball

If you're not a purist, Zen tables are the best bet for high-concept hurry-ups and gimmicks — from the castle sieges of Excalibur to racking up combos as troublemaking kids in the Sorcerer's Lair. (Free/iOS and Android)

Revenge of the Rob-O-Bot

The devotion the shiny chrome finish and dot matrix scoreboard show to the titular robot still doesn't come close to the devotion the developers showed to capturing the physics and sounds of a real table. ($2.99/iOS and Android)

Pinball Arcade

Nothing gets more pure than real tables. Comes included with a faithful recreation of Tales of the Arabian Nights. But splurge for the in-app purchase of Ripley's Believe It Or Not, a true timewaster packed with objectives for players willing to learn the angles. (99¢/iOS and Android)

Comments

RE: Sex toy gives singers an extra octave, published March 21

Yeah, he uses it on the OUTSIDE, in case anyone was confused lol. And yeah, people have been doing massages on the larnyx forever, he's just probably the first to be in the media for using a vibrator.
eplizo posted to metronews.ca

Gives a slightly new meaning to the term "hummer"...
Jeff Overstreet posted to metronews.ca

A #SouthPark episode in the making....
Mighty-Morphin Larry posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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10TH ANNUAL BEST NEW PRODUCT AWARD WINNERS

Canadian Living metro

2013 BEST NEW PRODUCT Voted by Consumers

~ Research by BrandSpark ~

10TH ANNUAL BEST NEW PRODUCT AWARD WINNERS

The 10th annual Best New Product Awards program focuses on everyday food, beverage, health, beauty and household products. More than 93,000 Canadian consumers from coast to coast voted in this year's study to pick the 2013 Best New Product Awards winners. Developed and backed by leading independent market research firm BrandSpark International, the Best New Product Awards has become the Canadian shoppers' seal of approval.

The winning products make one great shopping list! Download it at metronews.ca/bestnewproducts

Over 93,000 Canadians voted.

And Walmart has the winners*.

Try a winner at Walmart!

We invite you to come and try some of the 2013 Best New Product Award winners* in select Walmart stores across Canada between April 4th and 7th.

Visit see.walmart.ca/BNPA for dates, times and locations.**

Available at Walmart

*Based on national study by BrandSpark International. Winners chosen from select new products in Canada between November 8th, 2012 – December 16th, 2012. For more information visit www.bestnewproductawards.biz

**Dates subject to change. While quantities last.

Date night... at home!

When you think "date night," you may envision a night on the town or a fancy and expensive restaurant dinner. That, and the babysitter, the outfit, the hair...it

might all seem a touch overwhelming and extremely pricey. So spend date night at home! You can and still make it romantic and do it for a fraction of the price with a Pepperoni Pesto Ristorante Pizza from Dr. Oetker.

Put the kids to bed early or send them over to grandma's. Set your table with beautiful blooms, soft candlelight and your best dinnerware. Turn on the music and turn off the phones. Dress up like you're heading out – and you're all ready to stay in!

You don't have to spend hours in the kitchen to create an amazing dinner. Pair your pizza with a bottle of medium-bodied dry Chianti – the perfect wine to bring out the flavours of the pizza. Add a tasty caprese side salad: sliced ripe tomatoes and fresh mozzarella sprinkled with basil leaves (torn into bite-size pieces), and dressed with salt, pepper and olive oil. Finish your meal with a sinfully good dessert, like a fluffy Dr. Oetker Milk Chocolate Mousse. It's a deliciously decadent meal that's perfect for a special evening!

DR OETKER RISTORANTE PEPPERONI PESTO | OETKERMOMENTS.CA

Inspired by the traditional pizzerias of Italy, our Ristorante pizzas are made with rich, artisanal toppings on a crispy, thin-crust base. Enjoy the unique combination of pepperoni, authentic Italian pesto, and cherry tomatoes together on our traditional thin crust pizza. Try one today and take your taste buds on a trip to Italy, wherever you are.

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2013
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~ Research by BrandSpark ~

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- JODY B.

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- ASHLEY R.

"A new experience in the bedroom"
- CAROLINE D.

"...discreet packaging..."
- ANGELA N.

"The lubricant inside and out makes using them pleasurable for both myself and my husband."
- VICTORIA H.

"My skin stays smooth for several weeks, no imperfections after hair removal and skin does not become dry."
- SONIA D.

Canadian Living 2013 BEST NEW PRODUCT Voted by Consumers

Imagine what our products can do for you.

CHURCH & DWIGHT CANADA

* According to results of the 2013 BrandSpark Best New Product Awards. The Best New Product Awards logo is a trademark of Best New Product Awards Inc., used under license.

Canadian Living metro 2013 BEST NEW PRODUCT Voted by Consumers – Research by BrandSpark –

HAVE YOU TRIED THE BEST?

Cold sore help

Cold sores aren't a problem for everyone but for those who suffer, outbreaks can be painful, uncomfortable, and embarrassing. In fact, up to 90 per cent of adults carry the virus (HSV-1), but only 20 to 40 per cent will ever experience a cold sore outbreak.

Most cold sore sufferers aren't exactly sure when they first encountered the virus, but once contracted the virus never leaves the body.

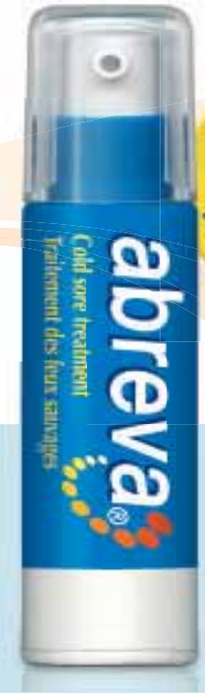
Not everyone's cold sore is triggered by the same thing. But there are several common factors that may cause your outbreaks. Knowing general cold sore triggers can help you identify personal triggers and take the necessary steps to manage them.

First, boost your immune system by getting plenty of rest and exercise and eating a balanced diet. Reducing the stress in your life is also important. Keep your lips moisturized – drink plenty of water to stay hydrated and use sunblock on your lips all year round to protect your lips from sun and from winter cold.

Treat your cold sore early for best results. The best time to start treatment is when that tingling sensation first happens, before any visible sign of a cold sore appears. When it comes to treating a cold sore, you'll hear advice on everything from home remedies to lip balm cures.

Learn the cold sore facts so you can face every cold sore with confidence. Ice, vinegar, tea bags, camphor, menthol or phenol may provide temporary relief, but they won't make your cold sore disappear faster. Look for products that contain the medicinal ingredient, docosanol, which is clinically proven to shorten the duration of a cold sore.

Remember to avoid transmitting the virus to others through skin contact. Also, wash your hands frequently if you've touched your lips or brushed your teeth to avoid spread of the virus.



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To be sure this product is right for you, always read and follow the label. †In clinical testing Abreva® is proven to reduce median healing time of cold sores to 4.1 days vs. 4.8 days placebo. Abreva® is the #1 recommended brand for cold sores by pharmacists. Data on file. TM/® or licensee ©2013 GlaxoSmithKline.

ASTRO Zer0% SUPERBERRY YOGOURT | ASTRO.CA

Astro Zer0% SuperBerry is a great choice for the yogourt lover who understands the benefits of maintaining a healthy body weight. With only 35 calories per 100g serving, Astro Zer0% is naturally flavoured, a source of 7 vitamins and minerals and Health Check endorsed. Available in 4 unique Superberry combinations: Triple Berry, Pomegranate Berry, Cranberry Raspberry and Acai Berry. Zer0 Fat, Zer0 Aspartame, Zer0 Sugar Added - Zer0 Compromise.

All about balance

Good balance. It's what we all strive for in our lives – the healthy combination between work and play, performance and rest, and eating right and exercising. If you need help getting motivated to exercise and enjoy a nutritious diet, know that the health benefits can't be overstated. Good eating starts with a variety of foods from the four food groups in Canada's Food Guide – plenty of fruits and veggies, whole grains and low-fat dairy products, along with lean meats and meat alternatives. Healthy diets also minimize intake of foods high in saturated fat, cholesterol, sodium and sugar.

Why dairy? There's no better and more natural way to get the calcium you need for strong teeth and bones. If getting enough dairy in your diet is a challenge because you're not a milk drinker, yogourt supplies calcium along with other important nutrients like vitamins A and D in a tasty, low-fat and low-calorie package. It's also easier to digest for those who have difficulty with dairy foods – and it's a great choice for anyone looking to maintain a healthy weight. Remember to balance healthy eating with 30 to 60 minutes a day of exercise – walk, cycle, do aerobics or swim and lift weights to maximize your health benefits.

Visit us at metronews.ca/bestnewproducts

Dave Gahan of Depeche Mode performs earlier this year. GETTY IMAGES

Music-making machines

New album.
Depeche Mode Just Can't Get Enough of releasing music, or that bluesy influence

Depeche Mode has released a new album every four years since the early 1990s, so fans weren't surprised by the English band's announcement in late January that its 13th record was coming soon. The blues-tinged Delta Machine is out March 26 and the electronic band has September gigs scheduled at the Molson Canadian Amphitheatre in Toronto and Bell Centre in Montreal. Band member Andy Fletcher talks about what influenced the new songs, playing 30-year-old hits and the lead single Heaven.

How did the blues inspire you while recording the new album?
We have dabbled in this before, one of our most famous tracks, Personal Jesus, is very linked to blues music. All three of the band members, we have varied tastes in music going back to blues to early rock 'n' roll. I think the interesting thing is the mixing between blues and electronics and I think it really goes well. Obviously some songs such as Slow are more heavily blues influenced but even the tracks that are mainly electronics, you can still hear the blues influence.

What's on the set list for the new tour?
It's difficult getting a set together because there are so many songs now over the years, so many classics, and somehow we have to get a set together that sort of represents our whole career and at the same time make sure the new album gets its songs as well. It's a bit of a process, but I think we're getting there.

Which of the new songs are likely to be played?
Our last album, Sounds of the Universe, I don't think many of the songs really translated live that well, but this album seems to be completely the opposite, it's quite a minimal but powerful album and a lot of the tracks are sounding very good, like Soft Touch/Raw Nerve. Angel is sounding really, really powerful, and Should Be Higher. We can't play, unfortunately, too many songs from the new album because we have fans that go back such a long way, it'd be a bit selfish, I think, just playing a lot of songs off the new album and disregarding tracks from our career.

Have you considered a modern makeover to older tracks like Just Can't Get Enough that fans want to hear live but no longer reflect your current musical style?
You can't modernize Just Can't Get Enough, it's a classic pop song, it has a classic sound, you just have to play it. It's one of the most famous tracks of the '80s. If you tried to modernize it, it'd be horrible. I think it stands up as a classic track and obviously you have to position it in the set list where it'll sound the most comfortable, but I think we'd be doing the song — such a part of our history — a disservice to try to modernize it.

Why Heaven as lead single? Was it the label's preference?
I don't think the label would've chosen that song. We just felt it was the right sound to introduce the album. Great song. Commercially it doesn't really stand up, it's too slow, but for us it's the perfect taste for the album itself. ... It is important to us still to have success but not at all costs."

THE CANADIAN PRESS

Pop goes the week

Emma Watson isn't getting spanked and Bradley Cooper likes them young

STARGAZING
Malene Arpe
scene@metronews.ca

Hansel & Gretel: Witch Hunters is getting a sequel after doing surprisingly great box office numbers overseas. The tentative title of the sequel is Jeremy Renner and Gemma Arterton: Contractual Obligation Loophole Hunters.

Tired of the rumours, Emma Watson tweets, "Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life" "Well, I kinda do," says Bobby, the Hermione-obsessed whip-and-chains enthusiast.

Bradley Cooper

Bret Michaels turns down an offer to strip for Chippendales. That's terrible news for all the women who were hoping to see what he looks like under his wig.

The Kardashian sisters compare the smell of their lady parts on Kourtney and Kim Take Miami. Appropriate responses to this: 1) Ewww. 2) Blergh. 3) Ugh. 4) Where are we as a civilization and can anything get us back from the brink? Read more at ewwwblerghugh.com.

Liev Schreiber comes to the aid of a woman who was involved in an accident outside his house. Long-time celebrity rescue champion Ryan Gosling immediately runs out the door and tackles a random senior citizen while whispering, "you're safe, you're safe now."

Selena Gomez said she made Justin Bieber cry. Then Justin's fans said Selena makes them cry. Then the Devil laughed.
After saying he would never date Jennifer Lawrence because she could be his daughter, Bradley Cooper is now dating a 20-year-old model. "That comment was taken completely out of context and twisted around by the stupid press," says Bradley. "What I meant to say is that I wouldn't date Jennifer because she repeatedly turned me down."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ashton Kutcher

Kutcher taking vow of silence on relationship

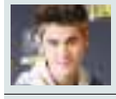
Ashton Kutcher has vowed to keep his mouth shut when it comes to dishing on his relationship with Mila Kunis after how things turned out with ex-wife Demi Moore.

"You know, I've learned the hard way how valuable privacy is," Kutcher tells Elle magazine. "I've learned that there are a lot of things in your life that really benefit from being private. And relationships are one of them. And I am going to do everything in my power to have this relationship (with Kunis) be private."

Twitter

@Sethrogen
If you're like me, you're awake right now on hour 3 of 14 of smoking a brisket.

@JimCarrey
Hunters hang animals up on their walls.I kill mosquitos but their little heads r hard to mount!



@justinbieber
Back to the #longestbusrideever

@ABFoundation
When playing the losing attorney in a case, always wear a suit with a vest.

Amanda Bynes ALL PHOTOS GETTY IMAGES

Come home Amanda!

Amanda Bynes' family is reportedly very concerned about the troubled actress and wants her to move back to Los Angeles where they can keep a better eye on her, according to E! News.

The accident-prone starlet has been living it up in New York, tweeting pictures of her outlandish recent makeover and a new cheek piercing along with bizarre and nonsensical declarations like "Baby corn and fried tofu," "Fear is pain arising from the anticipation of evil" and "I created the phrase lly and lololol."

Bynes has reportedly refused her family's requests that she move back to L.A.

Katy Perry and John Mayer

Don't count this pair out just yet

Sources say that prior to Katy Perry and John Mayer's recent split the pair had been "fighting," possibly over how fast their relationship was moving, according to Us Weekly. Perry had even brought Mayer home for the holidays to Santa Barbara. "Introducing him to her dad was a big deal," a source close to Mayer says. "It was just too much, too soon." But don't count the pair out completely: "They've broken up before so it's hard to tell," another source says. "She's changed a lot since she's been with him." And Perry hasn't been shy about her heartache, posting a link on Twitter to a song by Tristan Prettyman called I Was Gonna Marry You with the message, "Perfectly put."

Book excerpt

Brand extension

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The next time you visit a corporate website, look at the "About Us" page. Most feature a mission statement — a few sentences or paragraphs that tell the world what the company does and what it wants to accomplish. As the boss of your family, you will likely find a mission statement handy, if for no other reason than to remind yourself of what you were thinking when you brought these people into the world.

Corporately, a mission statement should address the employees, the shareholders, and the customers.

- Employees: The members of your family.
- Shareholders: Any relative or friend who has invested in you and wants you to be successful.
- Customers: Our neighbours, friends, acquaintances; everyone we interact with on a daily basis.

A mission statement should easily and clearly define who you are and what you do. Make a list of words that mean something to you, that reflect the attitudes or approaches you feel are important: commitment, knowledge, quality, or wherever your focus needs to be. String ideas together until you come up with a mission statement of your own. I worked with keywords such as know, admire, inspire, value, personal mastery, and focus, and boiled it down to this: "Do your best. People are watching."

EXCERPTED FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY "THE BUSINESS" BY KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE IN BOOKSTORES EVERYWHERE

Easter and April Fool's in one

Crafts. Paint, foil transform papier-mâché eggs into faux chocolate Easter treats

Easter and April Fool's Day may be far apart in spirit, but they're jammed together on the calendar this year. Here's a quick and inexpensive craft project that can carry over from one to the other: faux chocolate eggs.

Given people's weakness for chocolate, you likely can't put out a bowl of pretty foil-wrapped chocolate eggs a week before Easter and expect them to last until the holiday. But you can get the same effect — without the temptation — by painting papier-mâché eggs and partially wrapping them with pastel-hued foil. Piled in a glass canister or arranged in a simple bowl, these eggs make a sweet Easter display that will last for years.

These faux-chocolate Easter eggs make a great decoration. HOLLY RAMER

Materials

- papier-mâché eggs
- brown satin finish spray paint or acrylic craft paint
- satin finish clear sealant or varnish (if using craft paint)
- paint brush (if using craft paint)
- large cardboard box lined with waxed paper or parchment paper for containing over-spray (if using spray paint)
- foil sheets made for candy wrappers
- white glue or Mod Podge

Instructions

1. If using spray paint, place eggs in lined cardboard box and, working in well-ventilated area, apply several coats of paint. Follow directions on canister to determine drying time between coats. Turn eggs to make sure you are painting all sides. Three or four light coats of paint should be enough.

2. If using craft paint, use brush to apply three coats of paint, allowing eggs to dry between coats. If using craft paint, apply one coat of satin finish varnish. Allow eggs to dry.

3. Cut piece of coloured foil a bit taller than height of egg and wide enough to wrap around it. Cut slits roughly 1-inch long along one of the long edges. This will make it easier to fold the foil tightly around the bottom of the egg.

4. Brush glue or Mod Podge on the lower 2/3 of an egg, then wrap foil around egg, with fringed edge at the bottom, wider end of the egg.

5. Brushing on more glue as needed, press foil tightly against egg, overlapping the cut pieces at bottom. At top, squeeze the foil together and twist it tightly. Cut off the excess.

6. Once the egg is entirely covered in foil, peel some off to create the appearance of a candy egg that's been partially unwrapped. THE ASSOCIATED PRESS

Exclusively online

Nap time is the most wonderful time in Mommy's day. In theory. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Pregnancy trends for 2013 include ultrasound parties. ISTOCK

Keeping it trendy during pregnancy

BRIA MARIETTE
Metro World News in New York

Fear not, moms-to-be, being pregnant doesn't mean you have to give up on the trends.

We caught up with Elena Mauer, deputy editor of Thebump.com, to learn what first-time moms should look out for this year.

Going green ... with baby names

Pantone named emerald as the colour of the year for 2013, so expect to see baby names like Hunter, Jade, Kelly and Forest increasing in popularity in the coming months. Even celebrities have been swept up in the trend (Drew Barrymore named her new baby girl Olive).

Ultrasound parties

Parents-to-be are going beyond the usual baby shower or gender reveal party. Now more extravagant measures are popping up, including ultrasound parties, where a medically trained technician is invited to perform the procedure in the living room for all of your loved ones to see.

Mommy-moons

Move over, baby-moons. Soon-to-be moms are taking what Thebump.com calls "mommy-moons," mini getaways that pregnant women can take with their girlfriends before the arrival of the baby. Beach vacations, spa trips and pampering parties are the most popular choices. "Pregnant women are looking for ways to pamper themselves (and) spend time with their friends before the baby arrives and they become very busy," says Mauer.

Neon Nurseries

Gone are the days of the traditional pink and blue colour scheme for baby rooms. "In 2012, there was a lot of neon in fashion," Mauer says. "You saw it on the runway, and now people are bringing it into their nurseries." You are more likely to see neon pink bedding, or a neon green table cover that adds mild pops of color and a bit of trendiness to the nursery.

Butter Chicken can be a healthy choice — seriously

A little prep in the morning will go a long way in creating a flavourful and nutritious family meal that cooks while you are at work.

Start with spice-coated chicken and a healthy pantry staple pasta sauce. Let it simmer all day in the slow cooker. Finish it off with rich Greek yogurt and lime at dinnertime.

This dish can be served over quinoa or basmati rice.

You can also make extra of the spice mixture and store for your next "better for you" Butter Chicken.

This traditionally rich Butter Chicken dish is slimmed down in sodium and fat while maintaining amazing aromas and flavours. For a 250 gram serving, the dish comes in at 307 calories.

This recipe serves six. NEWS CANADA

1. In small bowl combine all spices, set aside.

2. Place onion in ceramic insert of slow cooker; add chicken; sprinkle with spices then top with butter and Healthy Choice Diced Tomato with Onion and Garlic pasta sauce.

3. Stir, cover and cook on high 4 to 6 hours or on low 8 to 10 hours.

4. Stir in lime juice and yogurt before serving. Garnish with cilantro.

Ingredients

- 2 tsp (10 ml) each ground ginger, curry powder
- 1 tsp (5 ml) each ground cumin, cinnamon, coriander
- 1 medium onion, finely chopped (about 1 1/2 cup/375 ml)
- 1 1/2 lb (675 g) boneless, skinless chicken breast, cubed into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) melted, unsalted butter
- 2 cups (500 ml) Healthy Choice Diced Tomato with Onion and Garlic pasta sauce
- 1 tbsp (15 ml) lime juice
- 1/2 cup (125 ml) 0% fat, plain Greek yogurt
- 1/4 cup (50 ml) chopped cilantro, to garnish

NEWS CANADA/ FACEBOOK.COM/HEALTHYCHOICECANADA

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

When you're on the run, Tim Hortons is not only great for coffee but also for a quick bite. Just be careful what you bite into.

Tim Hortons BLT on a whole wheat bun

400 calories/ 18 g fat
With extra bacon and light mayo, the fat is close to double that of the chicken club.

Equivalent

One Tim Hortons BLT on a whole wheat bun is equal in fat to 28 Schneider's Country Natural ham slices.

Tim Hortons Toasted Chicken Club on a homestyle soft bun

380 calories/ 7 g fat
Chicken is a better protein and it's served with a mustard that is lighter than mayo, saving you half the fat.

Dinner. Chicken & Vegetable Indian Curry

1. In deep non-stick saucepan, heat oil over med-high heat. Add onion and stir-fry 3 mins.; add mushrooms and stir-fry 4 mins. or until lightly browned. Stir in garlic, 45 ml (3 tbsp) of curry paste and cinnamon; add chicken and stir-fry 3 mins. Stir in tomatoes with juice; cover and reduce heat to med-low and cook about 10 mins.

2. Taste and stir in more curry paste, if desired. Add broccoli and lentils; bring to boil, cover and cook 5 mins. or until broccoli is crisp-tender. (Alternatively, to keep broccoli bright green, steam on stove separately and stir it into curry at the end of cooking time.)

3. Stir in coriander. Serve topped with dollop of yogurt.

THE CANADIAN PRESS/ MUSHROOMS.CA

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 medium onion, cut in thin wedges
- 500 g (1 lb) sliced fresh mushrooms (white or cremini)
- 2 cloves garlic, minced
- 45 to 60 ml (3 to 4 tbsp) mild Indian curry paste
- 5 ml (1 tsp) cinnamon
- 500 g (1 lb) skinless, boneless chicken thighs, cut into quarters
- 1 can (796 ml/28 oz) diced tomatoes (undrained)
- 750 ml (3 cups) small broccoli
- 1 can (540 ml/19 oz) lentils, drained and rinsed
- 125 ml (1/2 cup) chopped fresh coriander
- 125 ml (1/2 cup) plain low-fat yogurt

This Spiced Pork with Chutney trades in drab for the exotic

Escape to the exotic with this fresh tasting and easy to prepare Indian Spiced Pork with Peach and Mint Chutney recipe. Ideal for a weeknight family dinner, it can also easily be doubled for entertaining.

1. Drain peaches and reserve juice.

2. Heat oil in a medium saucepan over medium-low heat. Add onion, red pepper, jalapeno, ginger, garlic and cinnamon stick. Stir just until onion softens, 2 to 3 minutes.

3. Add vinegar, brown sugar, 1/4 cup (50 ml) peach juice and chopped peaches. Bring to a boil, reduce heat and simmer stirring until mixture thickens, 5 to 7 minutes. Remove from heat and cool. Once cool, stir in mint

4. Preheat oven to 400 F (200 C). Sprinkle pork all over with garam masala and salt. Place in small roasting pan and roast uncovered for about 25 minutes.

Ingredients

Prep time: 10 minutes
Cook time: 10 minutes
Roast time: 25 minutes

- 1 (14 oz/398 ml) can California Cling Peach halves in fruit juice from concentrate, coarsely chopped
- 1 tbsp (15 ml) vegetable oil
- 1/4 cup (50 ml) each diced onion and red pepper
- 1 small jalapeno, seeded and minced
- 2 tsp (10 ml) peeled finely grated fresh ginger
- 1 garlic clove, minced
- 1 cinnamon stick
- 1/4 cup (50 ml) cider vinegar
- 1/4 cup (50 ml) brown sugar
- 1/4 cup (50 ml) coarsely chopped fresh mint
- 1 pork tenderloin, about 1 lb (500 g)
- 2 tsp (10 ml) garam masala (a blend of Indian spices available in the spice section of most supermarkets)
- Salt to taste

NEWS CANADA/CALCLINGPEACH.CA

This recipe serves four. NEWS CANADA

There's a language in your limbs: Put your best foot (and hand) forward

Let me see your body talk. Interview success is not all about what you say

YLVA VAN BUUREN
CareerBear.com

OK, listen up. Research shows that body language during a job interview can be more important than what you verbally communicate.

"At a rational level, that's hard to comprehend," says Stefan Danis, CEO of Mandrake and NEXCareer. "But at an emotional level, we have sensors that catch other parts of one's behaviour around body language, voice inflection and general energy level, and the evidence shows that it's 90 per cent of the experience that's remembered whereas content — or the answers during an interview — is less than 10 per cent. We remember how the individual interviewed, not what they said."

This means, even though you could have the most riveting answer to that question about your leadership style, if you answer in a monotone voice with your arms crossed and looking out the window, your response will mean nothing.

Here are seven ways body language can help you get the job:

Be the follower

If the interviewer comes to get you, follow them through their office, and don't lead in any way. When you get to the room, quickly assess the potential tactical advantage in terms of where you should sit. Again, the choice should place the interviewer in the head position (such as the head of the table). If you're making a presentation as part of the interview process, it's appropriate to stand but best to ask permission, says Danis.

Late night last night? This ain't the time to let that show. ISTOCK

Make a good first impression

When you first meet your interviewer, be sure to radiate positive energy and avoid a "claw-like" or clammy handshake. Consider tilting your hand a little bit to give the other person the higher hand.

Friendly body language

Avoid crossing your arms and leaning back in your chair, which may force the interviewer to lean forward. Leaning in is a friendlier posture. Also, don't fidget. And demonstrate that you are organized by being tidy with your laptop, purse, etc., when you first arrive.

Make eye contact

Avoid looking down or away from the interviewer, because not giving proper eye contact may signal a lack of interest, says Danis. Taking notes during the interview shows focus and interest in what the interviewer is saying. It also gives you a bit of a break from constant eye contact. "In any case, it should never be a stare-down — 75 per cent of the time, look into the person's eyes, particularly when they're talking."

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

The perils of giving power to the pupils

BRUCE WALSH
Metro World News

University of St. Thomas professor Stephen D. Brookfield is perhaps the most prolific writer on adult higher education in the U.S. His books use personal experience to flesh out his teaching philosophy. Brookfied's latest, Powerful Techniques for Teaching Adults, takes a look at power dynamics.

"Power is everywhere in the classroom. You can't avoid it," he says from his office in Saint Paul, Minn. "So I thought, instead of writing a book that's full of these approaches — which is probably what people are expecting — let's examine how these power dynamics skew the way teaching techniques are experienced by students."

Powerful Techniques touches on a number of concepts Brookfield has written about before: developing critical thinking, facilitating discussion, utilizing the creative arts. But this time the author emphasizes the adjustments he has made to his teaching style due to notions of power and trust.

Establishing trust between teacher and student is the key to educating adult learners of today. ISTOCK

Though Brookfield is still a believer in student-controlled, self-directed learning, he now introduces the concept with more than a touch of caution.

"If I'm asking people to make decisions about the curriculum, or I'm involving them in setting up the grading system, one of the responses I often get is: 'You're playing a game with us and we don't know what your agenda is,'" he explains.

"So now I begin by saying, 'Here are the non-negotiable things about the class; here are the things I want you to decide; and here are places where we can negotiate.' By being less naive about us all having the same power, I'm able to gain a student's trust and build something from there."

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metro

Defensive lineman Linden Gaydosh gets grabbed by defensive lineman Corey Watman at the CFL combine on Sunday in Toronto. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Training pays off for CFL hopefuls

Draft combine. Rams' Charles, Dinos' Gaydosh post impressive numbers in Toronto

Defensive tackle Stefan Charles was very good Saturday at the CFL combine. A little too good, actually.

The six-foot-five, 324-pound Regina Rams star posted an impressive 37-inch vertical leap before representatives of all nine CFL teams —including Ottawa, which returns to league next year. But Charles and Calgary Dinos defensive lineman Linden Gaydosh were forced to have their reaches re-measured when some scouts questioned the accuracy of their jumps.

Both results were ultimately confirmed as the six-foot-four, 290-pound Gaydosh posted a 33.5-inch leap. This was after posting a personal-best 36 reps in the bench press, second-best among the 55 participants.

However those results weren't accidental. Both players spent months training specifically to perform well in the combine and impress CFL officials leading up to the league's draft May 6.

"Many years ago no one trained for the combines, they just showed up and tested," said Mike Gough, who put Charles and Gaydosh through their paces this off-season at his facility, Athletic Edge Sports. "Now, weeks and months go into preparing these athletes for the CFL and NFL combines."

Athletes typically spend anywhere from six-to-10 weeks at Gough's facility, participating in twice-daily workouts. They work on combine-specific events but also perform drills under the watchful eye of position consultants in addition to receiving interview preparation and mentoring.

"For many of them, their first couple of weeks are very rough in terms of what their bodies go through," said Gough, a Toronto native. "But in the end they see the results they're looking for and as they perform in combines like this they see all their hard work and weeks of preparation pay off.

THE CANADIAN PRESS

Quoted

"My first day there I threw up three times doing an upper-body lift."

Calgary Dinos lineman Linden Gaydosh on preparing for the CFL combine with Mike Gough at Athletic Edge Sports in Brandenton, Fla.

NHL

Yzerman pulls plug on coach Boucher with Bolts in free fall

The Tampa Bay Lightning fired coach Guy Boucher on Sunday, with the team in next to last place in the Eastern Conference and on its way to missing the playoffs for a second straight year.

Assistants Martin Raymond and Dan Lacroix shared coaching duties on Sunday night in Winnipeg.

"I'm not satisfied with the direction our hockey club is going," general manager Steve Yzerman told reporters in Winnipeg. "This isn't a reaction, a desperate act, to try to make the playoffs, although that is still our hope."

THE ASSOCIATED PRESS

NHL

Penguins pry Morrow from Stars

The streaking Pittsburgh Penguins acquired forward Brenden Morrow from the Dallas Stars on Sunday to bolster the team's second line.

Pittsburgh sent defenceman Joe Morrow, the team's first-round pick in the 2011 draft, and a fifth-round choice this year, to Dallas in exchange for Morrow and the Stars' third-round pick in the draft.

The 34-year-old Morrow has 243 goals and 285 assists in 835 games, all with Dallas. The Carlyle native will become a free agent at the end of the season. He waived his no-trade clause to move to the Penguins.

THE ASSOCIATED PRESS

Craft creates March magic for Ohio State

Ohio State Buckeyes guard Aaron Craft shoots the game-winning shot over Iowa State's Georges Niang on Sunday in Dayton, Ohio. JOE ROBBINS/GETTY IMAGES

Aaron Craft dribbled in place at the top of the arc, watching to see if any of his Ohio State teammates were getting open near the basket for a game-winning shot.

Nothing there.

The point guard had a clear look at the clock as it raced toward zero atop the backboard. He realized what he had to do — take a little Ohio State tournament history into his hands.

Craft held the ball until he had no other choice, then swished a three-pointer with a half-second left Sunday for a 78-75 victory over Iowa State, sending the Buckeyes to a school-record fourth straight trip to the round of 16.

No. 2 Ohio State had managed to escape as the lone high seed left in the NCAA tournament's most-busted bracket.

"The moment's a lot bigger than me," said Craft, who had allowed Iowa State to catch up with missed free throws and an errant jumper. "It just happened to be in my hands at the end."

Ohio State (28-7) needed Craft's fearless shot — over six-foot-seven defender Georges Niang — to avoid yet another upset in the oh-so-wild West Regional. Four of the top five seeds fell fast and hard in the first weekend.

"With all that's gone on in college basketball, anything's possible," Craft said. "You can see it with what's gone on in our bracket right now."

THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
The approaching full moon suggests you will have to deal with someone who annoys you. You may find it hard to turn the other cheek but on this occasion that's exactly what you should do. Don't start a war.

♉ Taurus
April 21 - May 21
Have you taken on too many tasks? It certainly look that way. The planets urge you to cut back on your commitments and chuck out all those old things you no longer need.

♊ Gemini
May 22 - June 21
You will be full of confidence this week, the kind of confidence that makes difficult tasks look easy. Nothing will be beyond you over the next few days that does NOT mean you should try to do everything.

♋ Cancer
June 22 - July 23
The atmosphere on the home front may be a bit touchy during the first half of the week. Full moons have a way of causing upsets but try not to make an issue of things that will soon be forgotten.

♌ Leo
July 24 - Aug. 23
Do you care what people think of you? No, of course not, and with a full moon looming you will care even less. You're a Leo. You're a law unto yourself. Rules are there to be broken – hearts too!

♍ Virgo
Aug. 24 - Sept. 23
An unexpected bill may cause you a bit of grief today or tomorrow but it is nothing to get worked up about. Chances are you will be in the money again before the end of the week, so be positive.

♎ Libra
Sept. 24 - Oct. 23
You may be fearful of something over which you have no control, and that's understandable, but don't let it get to you to such an extent that you find it impossible to take action.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be in one of your more suspicious moods, the kind where even your best friends come under scrutiny. Don't make accusations you cannot prove.

♐ Sagittarius
Nov. 23 - Dec. 21
You may prefer to let others take important decisions but the planets warn you need to step up and take a few of your own, not just for your own sake but also for the sake of friends who depend on you.

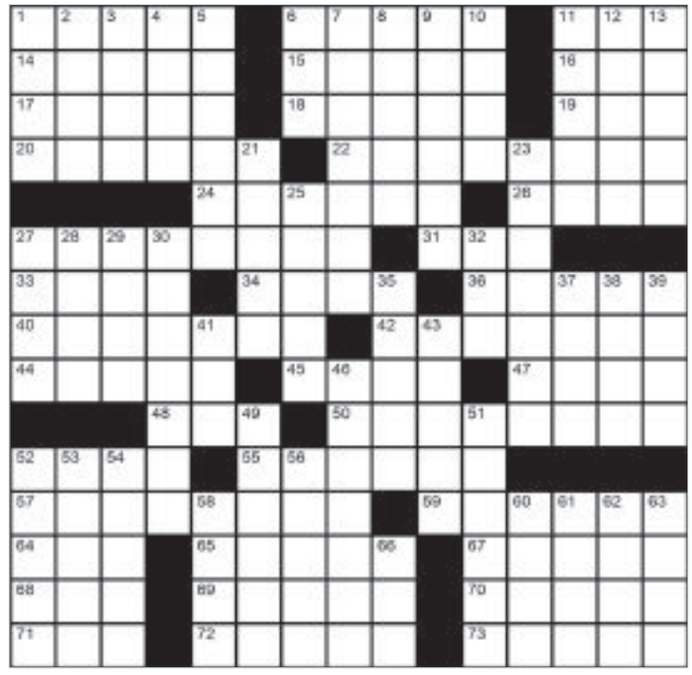
♑ Capricorn
Dec. 22 - Jan. 20
It may be annoying that others expect you to prove what to you is self-evident but that's just the way it is. Powerful people are watching you. It's in your interests to make sure they like what they see.

♒ Aquarius
Jan. 21 - Feb. 19
Do what comes naturally, even if what comes naturally to you is what annoys other people. You have never been one to play by the rules and you see no reason why you should start now. Be true to yourself.

♓ Pisces
Feb. 20 - March 20
Someone is being less than honest with you and who that someone is will be clear when the moon is full on Wednesday. The question then is: what are you going to do? Don't let them get away with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

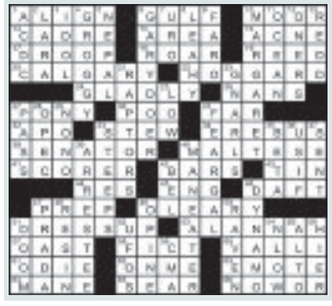
BY KELLY ANN BUCHANAN



Across
1. Flower
6. __-watching
11. Rihanna's "_._._. (Rescue Me)"
14. Grissol product, __ Toast
15. Sky high toys
16. Morn's follower
17. J'__; Nous avions; Vous aviez...
18. Tomato-hitting-the-ground sound
19. __ possidetis (As you possess, at law)
20. "Bridget __ Diary" (2001)
22. When the Hag-gadah is read
24. Assert
26. People: French
27. St. __ (Franco-phone community in Manitoba)
31. Pou __ (Vantage point)
33. __ even keel: 2 wds.
34. Scratcher's woe
36. Violin stroke
40. 9th Prime Minister, Arthur __
42. Large clothing cabinet
44. North and South
45. "Nonsense!"
47. Gumption
48. Late-shift times [abbr.]
50. Mystical creatures
52. Actor, Corbin __
55. "__ and Cleopatra" (1972)
57. "Working for the Weekend" band
59. Citrus fruit
64. Be beholden
65. Like acorned trees
67. Be of service
68. Mattel doll
69. Serviceable
70. Snow: French
71. 'Lion' suffix
72. '80s hit: "__ __ the Girls I've Loved Before"
73. Courtier in Shake-speare's Hamlet

Down
1. Music key, _ __.
2. Prefix meaning 'Left'
3. Mother in Pearl S. Buck's 1931 novel The Good Earth, _-__
4. Off-Broadway theatrical award
5. Mountain range's spine
6. Calendar components, curtly
7. Woodstock attendees
8. Sky's supporter
9. Mosts opposites
10. Ballpark figs.
11. Jeanne __ (Former Governor General)
12. Frequently
13. Teaspoon-in-cup moves
21. Drum kit part
23. Monster of BC's Lake Okanagan
25. Very little
27. Retro-style pop music syllable
28. Count Basie's "__ _'Clock Jump"
29. Hammer's target
30. 1992 k.d. lang album
32. Rum __ Tugger (Cats character)
35. __ idea (Doesn't realize): 2 wds.
37. Whirring sound
38. "So, are you out __ __ then?"
39. Soaks
41. Taxing letters
43. Zoo creature
46. Scream louder than!: 2 wds.
49. Actor, Antonio __ Jr.
51. "__ de Bergerac" (1990)
52. Guy, Brit-style
53. Chad and Rob
54. Makes equal
56. Finnish smart-phone company
58. Really beat, in sports
60. Some li'l roads
61. Hair removal brand
62. 1958 Leslie Caron title role
63. There's none in a power failure, for short
66. First word in Inferno by Dante

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					6	1	7	
4		3	1			2		
				8				
9							8	2
1	8		5		7		3	4
3	5							6
				3				
		7			1	6		5
	2	1	9					

Friday's Sudoku

7	9	6	3	1	8	2	5	4
2	5	3	7	9	4	8	1	6
1	4	8	6	5	2	9	7	3
9	3	2	5	6	1	7	4	8
6	8	7	2	4	9	1	3	5
5	1	4	8	3	7	6	9	2
8	6	5	9	7	3	4	2	1
4	2	9	1	8	5	3	6	7
3	7	1	4	2	6	5	8	9

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Tuesday
-6°/-14°
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